

Moving Forward with Fibromyalgia/ Unexplained Widespread Chronic Pain SCI Gateway Referral Criteria

Inclusion Criteria:

- Participant must be registered within Renfrewshire GP practice
- Participant must have met the criteria for diagnosis of fibromyalgia:
 - ***Widespread pain often with local tenderness of joints, muscles and skin***
 - ***Symptoms present for at least 3 months***
 - ***Not better explained by another diagnosis***
 - ***FBC, UE, CRP or ESR, RF, TFT, CK glucose should have been checked to exclude other causes of symptoms.***
- Willing to actively participate and commit to attending a group – either face-face or in a virtual setting

Exclusion Criteria:

- Under 18 years of age
- Severe Enduring Mental Illness
- Cause of pain is due to OA or RA
- Uncontrolled Medical condition i.e. dizziness, syncope, recent stroke, MI or DVT/PE
- Psychological intervention at Pain management or Fibromyalgia program in the last 2 years
- Concurrent rehabilitation for the same problem/diagnosis from another service.

All potential participants will undergo a pre assessment prior to starting the programme. This will include a fibromyalgia assessment questionnaire. Those who score highly on the questionnaire are not likely to benefit from this programme and referral to the pain clinic may be suggested.